

CORE STABILIZATION

Exercise Progression

Exercise progression begins with 10 repetitions of each level 1 exercise, 2-3 times per day. Progress each exercise with increased hold times and repetition as tolerated. When you are able to perform 3 sets of 10 repetitions of a level of an exercise, move to the next level. Begin with 10 repetitions of the new exercise.

BRIDGING



Level 1

Lie on your back with your knees bent. Lift your bottom, creating a flat surface from your knees and shoulders. Hold for 3 seconds and slowly lower your bottom back to the ground.



Level 2

Lie on your back with your knees bent and pull one leg towards your chest, holding it with your hands. Lift your bottom using one leg. Hold for 3 seconds and slowly lower your bottom back to the ground. Do this with both legs.



Level 3

With your back and bottom on the ground, place your ankles on a raised surface (like the ball seen in the photo) and then lift your bottom up. Hold for 3 seconds and slowly lower your bottom back to the ground.

ABDOMINAL SETTING



Level 1

Lie on your back with your knees bent. Gently tighten your lower abdominals, near the belt line. Do not hold your breath or strain while doing this exercise.



Level 2

Lie on your back with your knees bent and tighten the lower abdominals as in level 1. Then slowly march while maintaining the lower abdominal setting.



Level 3

Lie on your back with your knees bent and tighten the lower abdominals as in level 1. Then slowly lift the opposite arm and leg, maintaining a stable pelvis.

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SUPERMAN



Level 1

Lie on your stomach and slowly lift the opposite arm and leg. Hold for 1 second, then slowly lower your arm and leg back to the bed.



Level 2

Assume a quadrupedal position (hands and knees) and slowly stretch out your leg, in alternating fashion. This can also be done with the arms, instead of the legs.



Level 3

Assume a quadrupedal position (hands and knees) and slowly stretch out your opposite arm and leg at the same time, in alternating fashion.



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